



February 2015 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

“The City of Royal Oak’s Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.”

Inside...

Travel.....	p 3
Staff Notes	p 4
What’s New	p 5
Coming Attractions.....	p 6
Health & Fitness.....	p 7
Support	p 8
Coming Attractions.....	p 9
Ongoing Activities	p 10
Calendar	p 11
Menu	p 12
Salter Center	p 13
Salter Center (Calendar)	p 14
Travel/Activities	p 15

Mahany/Meininger Senior Community Center: 248-246-3900
3500 Marais, Royal Oak, MI 48073
Website: www.romi.gov

RO AARP/Taxaide Program

Mondays & Wednesdays, February 2-April 13, 9:30 am

Computer Classes

Tues, Feb 3-24	Intro Desktop Computers/Internet	10 am
Tues, Feb 3-24	Laptop Computer Class	11:30 pm
Tuesdays	Ask the Computer Lady!	9:15/12:45 pm

Wed, Feb 4 **Antique Jewelry Sale** **9-3 pm**

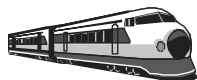
Wed, Feb 11 **Foot Doctor** **9-11 am**

Fri, Feb 13 **Monthly Matinee** **12:30 pm**
Fri, Feb 27 **Blue Jasmine**
 And So It Goes

Fri, Feb 20 **Kerry Price on Piano** **12:30 pm**
 "Name That Movie" - a NEW program -

Collecting for Our Jewelry Sale

*Collecting jewelry that you would like to donate for our sale starting
January 12—February 23*



*** **EXTENDED TRAVEL** ***



Passion Pilgrimage/Bianco Tours March 24-25, 2015. \$279 dbl/pp.
The Old South/Shoreline Tours April 11-17, 2015. \$1,199 dbl/pp. T1005W
Nashville/Rybicki Tours May 1-4, 2015. \$899.
Springtime in Niagara Falls/Shoreline Tours May 7-8, 2015. \$279 dbl/pp. T1006W
Montreal and Quebec City/Shoreline Tours May 17-23, 2015. \$1,699 dbl/pp. T1007W
New England Whale Watch/Bianco Tours May 17-23, 2015. \$1,245 dbl/pp.
"Titanic, the Musical"/Shoreline Tours June 16-17, 2015. \$100 deposit; balance due April 15. \$399 dbl/pp.
Wisconsin Dells/Rybicki Tours June 16-19, 2015. \$799.

*** **DAY TRIPS** ***



IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS.

WE MUST PAY FOR MOST TRIPS 4-6 WEEKS AHEAD OF TIME; SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELED BY US OR THE TRAVEL AGENT.

Detroit Symphony Orchestra Pops Coffee Concerts 2014-2015 Fridays, 9:15 am-1:30 pm Dress Circle-\$48
 March 13 **"Natalie MacMaster"** Mistress of the Irish Fiddle. T1005F

Detroit Symphony Orchestra Classical Coffee Concerts 2014-2015 Fridays, 9:15 am-1:30 pm Mid-Balcony-\$31
 April 17 **"Exotic Adventures"** Slatkin conducts 3 each from Ravel and Ginastera; Simon Mulligan on piano. T1006F

"Abba-The Concert" Sunday, February 15, 2-6 pm. Come celebrate all the joy and exuberance of one of the greatest bands in pop music history! The Macomb Center hosts this tribute to ABBA, featuring original members of the band's rhythm section. Boogie along to hits like "Dancing Queen", "Mamma Mia" "SOS", "Fernando" and many more you know by heart! The audience and press agree-"this is the closest to ABBA you'll ever get." Cost includes transportation via Senior Bus and performance. "Take a Chance on Me"! **\$51.** T1009W

Mardi Gras at Caesar's Windsor/Bianco Tours Tuesday, February 17, 9:15 am-5:30 pm. A fun day at the casino just gets better when it's Mardi Gras! You'll get paczkis and coffee, special entertainment, and your choice of a *free lunch buffet* OR a *\$15 Meal Voucher* OR a *\$15 coin voucher*! Cost includes transportation via motor coach and above incentives. *This trip to Canada requires a Passport, Passport Card or Enhanced Drivers License.* **\$23.** T1010W

Restaurant of the Month "Green Lantern" Thursday, February 26, 12-2 pm. Our neighborhood's most famous pizza parlor! The menu features scrumptious salads and sandwiches and of course, their award-winning pizza. Cost includes transportation via Senior Bus. Lunch is on your own; avg \$9. **\$4.** T1018W

Continued on Page 15

JUST A REMINDER! If you are traveling with us: • Arrive 15-30 min. ahead. • CHECK-IN with a staff person. • Park in the farthest north row of our lot. All trip dates, descriptions and prices are subject to change.

**Mahany/Meininger
Senior Community Center**
3500 Marais
Royal Oak, MI 48073
Phone: (248) 246-3900
Fax: (248) 246-3901

Salter Community Center
1545 E. Lincoln, Royal Oak 48067
(10½ Mile Rd, 1 blk W of Campbell)
Phone: (248) 246-3180
Fax: (248) 246-3007

Monday - Friday
9:00 am - 4:30 pm

Senior Citizen Coordinator
Paige Gembarski

Outreach Administrator
Carolyn Marsh
Typist/Clerk

Senior Recreation Specialist
Barbara Harris

R.O.S.E.S.
Pam Steinmetz
Dorothy LaSure

Van Transportation
Phone: (248) 246-3914
Monday - Friday
9:30 am - 12:30 pm
Carol Haubert, Dispatcher
Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg 12 for the entrees.



- Call (248) 246-3900 to reserve a meal (at least 1 day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

****Carry-outs available \$3.50****
Meals for Homebound Residents

Costco Monday

Every Monday, the Center has day old baked goods from COSTCO for sale. Please stop in and see what is available. All COSTCO proceeds help supplement Tim's Kitchen.

Medical Equipment Loan Closet

Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep them as long as necessary and return clean. Clean, working durable medical equipment donations are also accepted. Please call (248) 246-3900 prior to bringing in equipment

NOTABLE FOLKS . . .

A Very Special Thanks to Peggy Joye, RH Berry, Gordon Cook, Mary Rubin, don & Judy Strief, Carmen Vejda & Michele, Bob Hilton, Helen & Connie Cost and Lois Ryan **for contributions to Tim's Kitchen, to help keep our lunch program continuing.**

Euchre Players

Dec 18—Ed Oehring
Jan 8—Richard Pickens
Jan 15—Helen Beckman

Bravo Euchre Players!

Monthly Pool Tournament

1st Place—
2nd Place—
3rd Place—

Congratulations to the Winners!

A BIG THANK YOU to Helping Hands donation to Tim's Kitchen. Virgie (groups facilitator) said it was over \$1,000.

Royal Oak Seniors Resource Center

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

Drop-In Cards

Rubber Bridge **Mondays**
Drop in for Rubber Bridge and bring a partner to play.

\$1 **12:15 pm**

Pinochle **Tuesdays**
Drop in for pinochle, meet new friends. **1.00** **12:30 pm**

Duplicate Bridge **Wed**
Drop in with a partner to play duplicate bridge. **\$1.25** **12:30 pm**

Euchre **Thursdays**
Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards. **\$1.00** **12:30 pm**

Senior Quilting

Tuesdays **10 am**
Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n' Knit

Tuesdays **1 pm**
Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

Helping Hands

Tues & Thurs **9:30 am**
Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are desperately needed. Drop off yarn on the days the group meets.*

Ask the Computer Lady!

Tuesdays, Dec 1-Mar 31

9:15 am C1086W; **12:45 pm** C1087W
Have your questions ready for **Marta** and be ready for an informative half hour, one-on-one. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Pre-register, **\$20/30 min**.

"Star-Grabbers"

Amateur Astronomy Group

2nd & 4th Wednesdays **10 am**

Dick and **Bill** have an amateur astronomy club. Their goal is to share their interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Mah-Jongg Drop-In

Wednesdays **9:30-12 pm**

Fridays **1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Computer Club

Wednesdays **12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

Feb 4—Eric Hayes

Feb 11—Larry Kulp

Feb 18—Rodger Gach, Q&A

Feb 25—Jack Vanders

Crochet Creations

Thursdays **12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

Handbells

12:45 pm

Fridays
Experience the fun of ringing handbells with a group and together creating beautiful musical pieces. According to director **Sylvia Hartsoe**, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. No experience or music-reading skills required, but is very helpful in learning to play this unique instrument. Giving performances in the community will showcase your skills. **\$25/10 wks.** C1040F

**Welcome Newcomers!**

Mon, Feb 2 **10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Laptop Computer Classes

Tues, Feb 3-24 **11:30 am**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks.** C1084W

Monthly Pool Tournament

Thurs, Feb 12 **9 am**

Enjoy a singles or doubles tournament for fun and cash prizes. Refreshments. **\$2.**

Water Color Painting Class

Beginning through Advanced Students

Mon, Jan 5-March 2 1:30 pm

Artist **Karen Halpren**, will guide beginning through experienced students in working effectively with watercolors. While learning about color, design, shading and painting technique. Supply list available. **Res: \$114/9 wks; Non-Res: \$119/9 wks.** AE2006W

Introduction to Desktop Computers and Internet**Tues, Feb 3-24 10 am**

This class is designed to help introduce computers to beginners. You'll use our desktop computers and Instructor **Marta** will give you personalized attention so you can become comfortable using your computer. Have all your questions answered in this small-size class! Subjects covered include Internet, Email, Windows, Computer Safety, Printers and the dangers associated with today's Social Media. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks.** C1081W

Valentine's Dinner Dance**Fri, Feb 13 6-9 pm**

Join us for a dinner prepared by **Chef Tim** and dance to the live music by **The Sound of Jerry Robotka**. Tickets available, \$13 per person. Must purchase tickets in advance. Table reserved for singles. D1006W

Monthly Matinee**Blue Jasmine****Fri, Feb 13 12:30 pm**

Drama. Starring Cate Blanchett, Alec Baldwin and Peter Sarsgaard. Rated PG-13, 1 hr, 38 min.

And So It Goes**Fri, Feb 27 12:30 pm**

Comedy, Drama, Romance. Starring Michael Douglas, Diane Keaton and Sterling Jerins. Rated PG-13, 1 hr, 34 min.

Suggestions/donations are welcome!

**PLEASE CALL AHEAD FOR
MOVIE AVAILABILITY!**

Kerry Price on Piano*"Name That Movie"**- a NEW program -***Fri, Feb 20 12:30 pm**

Don't miss these musical programs written and performed by **Kerry Price**, sure to be both entertaining and educational. Ms. Price, a popular vocalist and pianist, has delighted audiences with her one-woman programs since 1976! \$2 per program, payable at the door.

On-Going Bridge**Mon, Mar 2-Apr 6 10 am**

For players with some recent experience. The instructor, **Gail Hanson**, will give a short lecture and you will play hands to illustrate. If time warrants you can deal and play and instructor will advise. Gail is an ACBL member, a Gold Life Master and a frequent tournament player. **\$45/6 wks.** C1089W

Painting -All Media**Thurs, Mar 5-Apr 23 9:15 am**

Carl Angevine is the winner of over 60 professional awards, including placing from Best of Show to fifth place at the Michigan State Fair nine years in a row and garnering top honors repeatedly at the Paint Creek Center for the Arts and Birmingham Community House exhibits. He instructs students of all abilities individually through the morning. Supply list is given at sign-up. Pre-registration, **\$55/8 wks.** C1092W

Lunch and Learn Series**The Legal Entanglements of Probate****Tues, Feb 3 11:30 am**

Who is going to be the beneficiary of your life savings? Come to this free informative workshop to learn what Legal Documents you need in place to protect YOU, YOUR Family and YOUR Assets. Also learn about new laws that could affect the Planning you've already put in place. Presented by **Estate Planning Professionals.** A1027W

Deadline to register Thurs, Jan 29

No Need to Live With Chronic Pain**Tues, Feb 24 11:30 am**

This workshop will center on meaningful and relevant senior health issues, with an emphasis on drug-free alternatives, nutrition plans and the latest in non-invasive pain treatments. There is a follow-up Q&A session and can offer individual, on the spot, computerized health care screening that can immediately detect health issues. Presented by **Greg Chiropractic Life Centers.** A1028W

Deadline to register Thurs, Feb 19.

"Effects of Stress on the Body"**Tues, March 31 11:30 am**

Please join Libby Carpenter of Right at Home and her enlightening workshop on the true effects of stress on the body. Stress is the body's reaction to any change that requires an adjustment of response. Learn what happens to your body when stressed. Discover new techniques for coping. A1030W

Deadline to register Thurs, March 26

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Drop-In Ballroom Dance Class**Mondays 1 pm**

Join instructor **Bill Scheff** on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. \$5.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This popular class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb weights. Video workout, free!

Round Dance**Wednesdays 2:30 pm**

Thursdays 1 pm
Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. \$1.50

Intermediate Line Dancing**Fridays 1 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. \$2 payable at each lesson. *NO BOOTS!*

Tai Chi Basic & Chen Style**Thurs, Jan 8-Mar 26 9:15 am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. \$72/12 wks. C1063W

Pilates Core Body Conditioning**Mon, Jan 12-Mar 2 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. Wear loose comfortable clothes and bring a mat. Instructor **Cheryl Baugh**, ACSM Certified Fitness Instructor. \$36/8 wks. C1001W

Gentle Yoga**Mon, 1/12-3/2 C1029W 9:15 am****Mon, 1/12-3/2 C1030W 1 pm****Thurs, 1/15-3/5 C1033W 1 pm**

A wonderful class to begin Yoga or expand on what you know. This slow flow class will strengthen our bodies and calm our minds. Instructor **Noreen Daly**. Pre-register, \$36/8 wks.

Kuratomi Stretching**Wed, Jan 14-Mar 4 10:30 am**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. The student can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs. Wear comfortable clothing and bring a mat. Pre-register, \$64/8 wks. C1009W

Zumba Gold**Fri, Jan 16-Mar 6 10:20 am**

Be ready for a low-impact aerobic workout, some chair work, great music and fun! Dress comfortably, wear dance sneakers or tennis shoes. Bring water. Pre-register, \$40/8 wks. Drop-in, \$7 per class. C1015W

Yoga**Tues, Jan 20-Mar 10 12:45 pm**

Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor **Cheryl Baugh**. Pre-register, \$36/8 wks. C1002W

Water Aerobics**Wed, Jan 28-Mar 18 8:30 am**

Great workout with water exercises. Included is a cardiovascular, toning and stretching. Locker room available, bring your own lock, towel and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Pre-register, \$36/8 wks. C1004W

Aqua Zumba**Thurs, Feb 5-Mar 26 8:30 am**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome, no experience necessary. Bring water shoes & towel. Instructor **Cheryl Baugh**. Pre-register, \$36/8 wks. C1005W

Foot Doctors**Wed, Feb 11 9-11 am**

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Massage Therapy**Fri, Feb 20 by appt**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35-min massage sessions for \$30, or 75-min sessions for \$60.

Healthy Back Class**Wed, Mar 4-25 1:30 pm**

This class is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register, \$17/4 wks. C1018W

Chair Yoga**Wed, Mar 4-25 12:30 pm****Fri, Mar 6-27 11:30 am**

This class consists of 3/15-min sections, first and last are done seated. The middle section is done standing using the chair for balance. We focus on breathing, relaxation, stretching for flexibility and balance practice which also increase muscular strength. \$17/4 wks. Wed-C1022W; Fri-C1020W

Chair Exercise with Cindy**Fri, Mar 6-27 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. \$17/4 wks. C1025W

SUPPORT GROUPS

Alzheimer's Support Group

Monday, February 23 10 am
You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10 am
A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Assistance Group

Wednesdays 9 am
Our Center welcomes deaf adults for socialization each Wednesday.

Hearing Tests/Cleaning Hearing Aids

Tuesday, March 10 1 pm
Zounds will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900. *Zounds will be coming every other month.*

Legal Aid

3rd Thursday, February 19 1 pm
Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L.(Positive Attitude Living)

Fridays 10:30 am
PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

MEDICARE MEDICAID ASSISTANCE PROGRAM

MMAAP counselors are available for assistance in choosing the right health plan for you. For questions regarding Medicare, Medicare Part D prescription plans and Medicaid, please call Carolyn Marsh at (248) 246-3917. In person assistance by appointment only.

TRANSPORTATION

Transportation is available for resident's age 62 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as snow-shoveling, yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

RO/AARP Taxaide Program**Mondays & Wednesdays****February 2-April 13, 2015****Doors open at 9 am****(except for 10 am on February 2nd)****Service provided on a first-come, first-serve basis**

AARP-trained volunteers will assist individuals with free tax help and free e-filing for taxpayers with middle and low-incomes. Preparers will assist with tax forms, including homestead rebate, home hearing credit, Federal and State forms. Bring proof of identification, copy of last year's tax return, Social Security card or statement with SSN on it for you, and all W-2's. For more specific's, please pick up a flyer at the Mahany/Meininger Senior Center. Donations welcome.

Antique Jewelry Sale**Wed, Feb 4, 9-3 pm**

Proceeds to fund Royal Oak Senior Center.

PACZKI!**Tues, February 17**

When you purchase lunch at Tim's Kitchen on Paczki you will also be treated to a free traditional Polish Pastries. Provided by *Traveling Angels Senior Care*.

Jewelry Sale**Tues, March 24, 9-1 pm**

Back by popular demand. We will be collecting jewelry that you would like to donate for our sale starting ***January 12 through February 23 ONLY***. Old costume jewelry that you no longer wear may become someone's treasure and benefit the Center. Support your center, donate old jewelry and purchase slightly used treasures for yourself.

**Royal Oak Schools
February 2015 Activities****Board of Education Meeting**

Thursday, February 12, 7 pm

1123 Lexington Blvd, Royal Oak

High School Athletic Events**Boys Varsity Basketball—7 pm**

Tuesday, February 3, vs Farmington Harrison High School

Friday, February 20, vs Farmington High School

Girls Varsity Basketball—7 pm

Thursday, February 5, vs Seaholm High School

Friday, February 13, vs Groves High School

Thursday, February 19, vs Farmington High School

Boys Varsity Swimming—6 pm

Thursday, February 5, vs Lamphere High School

Wednesday, February 25, OAA League Meet

Thursday, February 26, OAA League Meet (Diving)

Friday, February 27, OAA League Meet

Boys Varsity Wrestling

Saturday, February 7, 9 am vs Various Opponents

Wednesday, February 1, 5 pm MHSAA Team Districts

Boys Varsity Ice Hockey—7:30 pm

Saturday, February 28, vs Warren Mott High School

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak senior citizens age 60 and over, includes free admission to:

- All athletic events (except state sponsored tournaments)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO High School

Applications are available at the Churchill Community Education Center, 707 Girard, RO. For additional information, please call (248) 588-5050.

Community Open Swim

- Family Open Swim—Monday evenings, RO Middle School, 7:30-8:30 pm.

- Adult Open Swim (lap swimming) - Monday evenings, RO Middle School, 8:45-10 pm.

Seniors free with Gold Card, adults and children \$5, 5 and under free. The pool is closed during school breaks and whenever school is not in session due to inclement weather.

Alzheimer Support4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support GroupThursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-InMonday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$2.50 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In**Rubber** \$1 - Mondays, 12:15 pm
.....**Duplicate** \$1.25 - Wednesdays, 12:30 pm
Drop in with partner to play bridge.

Computer ClubWednesdays, 12:30 pm
For computer enthusiasts with some experience.

Costco MondayMondays, 9:00 am
Day old baked goods for sale.

Crochet CreationsThursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - BallroomMondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate LineFridays, 1 pm
Drop-in, \$2.

Dance - RoundWednesdays, 2:30 pm
.....Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf AssistanceWednesdays, 9 am
Join for socialization and assistance.

Euchre, Drop-InThursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua ZumbaThurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register, fee.

Exercise - Chair Yoga (DVD)Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga .. Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/CindyFriday, 10:30 am
Gentle but effective exercise. Pre-register, fee.

Exercise – Gentle YogaMon, 9:15 am & 1 pm
.....Thursday, 1 pm
Slow flow class to strengthen bodies and calm minds. Pre-register, fee.

Exercise – Senior PilatesMonday, 10:30 am
Body conditioning exercise.

Exercise - Silver Foxes... ..Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to a Richard Simmons video tape, no charge.

Exercise – Sit Down & Tone-Up ... Tues/Thurs, 10:30 am

Exercise - Tai Chi Continuing, Thursday, 9:15 am
Chinese exercise of moving meditation, pre-register, fee.

Exercise—Water Aerobics Wed, 8:30 am
Water exercises at RO Middle School, pre-register, fee.

Exercise - Yoga Tuesday, 12:45 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register, fee.

Exercise – Zumba Gold Fri, 10:20 am
A low-impact aerobic workout. Pre-register, fee.

Focus On the News..... 1st & 3rd Tuesday, 10:15 am
Fun & lively discussion of current news happenings, free.

Foot Doctor 2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month.

HandbellsLevel II, Friday, 12:45 pm
Pre-register, fee.

Hearing Tests Every other month, 2nd Tuesday, 1 pm
Free hearing tests and hearing aid cleanings. 15 min appts.

Helping HandsTuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price 3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching Wednesday, 10:30 am
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register, fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In .. Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy 3rd Friday, by appt
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd Friday, 12:30 pm
..... 4th Friday, 12:30 am

Painting Classes Thursday, 9:15 am
Carl Angevine instructs in all media and all stages of development. Pre-register, fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pinochle, Drop-In Tuesdays, 12:30 pm
Drop-in for pinochle, meet new friends,\$1.

Senior Quilting Tuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers! 1st Monday, 10:30 am

February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 AM Costco Bake Sale 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM On-Going Bridge 10:30 AM Chair Yoga Exercise (DVD) 10:30 AM Pilates 10:30 AM Welcome Newcomers! 12:15 PM Drop-In Rub Bridge 1:00 PM Drop-in Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM WaterColor Painting	3 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Intro Desktop/Internet 10:00 AM Senior Quilting 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:30 AM Laptop Computer 11:30 AM Lunch & Learn 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'n' Knit 3:00 PM Fall Prevention Class	4 8:30 AM Water Aerobics 9:00 AM Antique Jewelry Sale 9:00 AM Deaf Assistance 9:30 AM Drop-in Mah Jongg 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:30 AM Kuratomi Stretching 12:30 PM Chair Yoga 12:30 PM Computer Club 12:30 PM Drop-In Dup Bridge 1:30 PM Healthy Back Class 2:30 PM Round Dance	5 8:30 AM Aqua Zumba 9:15 AM Painting 9:15 AM Tai Chi Basic 9:30 AM Helping Hands 10:00 AM Aphasia Support Grp 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Round Dance	6 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:45 PM Handbells 1:00 PM Drop-in Mahjongg 1:00 PM Intermediate Line Dance
9 9:00 AM Costco Bake Sale 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM On-Going Bridge 10:30 AM Chair Yoga Exercise (DVD) 10:30 AM Pilates 12:15 PM Drop-In Rub Bridge 1:00 PM Drop-in Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM WaterColor Painting	10 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Intro Desktop/Internet 10:00 AM Senior Quilting 10:30 AM Sit Down & Tone Up 11:30 AM Laptop Computer 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'n' Knit 3:00 PM Fall Prevention Class	11 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:00 AM Foot Doctors 9:30 AM Drop-in Mah Jongg 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM Star-Gabbers 10:30 AM Kuratomi Stretching 12:30 PM Chair Yoga 12:30 PM Computer Club 12:30 PM Drop-In Dup Bridge 1:30 PM Healthy Back Class 2:30 PM Round Dance	12 8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting 9:15 AM Tai Chi Basic 9:30 AM Helping Hands 10:00 AM Aphasia Support Grp 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Round Dance	13 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Blue Jasmine Movie 12:45 PM Handbells 1:00 PM Drop-in Mahjongg 1:00 PM Intermediate Line Dance 6-9 Valentine's Dinner Dance
16 9:00 AM Costco Bake Sale 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM On-Going Bridge 10:30 AM Chair Yoga Exercise (DVD) 10:30 AM Pilates 12:15 PM Drop-In Rub Bridge 1:00 PM Drop-in Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM WaterColor Painting	17 9:15 AM Caesar's Windsor Trip 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Intro Desktop/Internet 10:00 AM Senior Quilting 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:30 AM Laptop Computer 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'n' Knit 3:00 PM Fall Prevention Class	18 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Drop-in Mah Jongg 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:30 AM Kuratomi Stretching 12:30 PM Chair Yoga 12:30 PM Computer Club 12:30 PM Drop-In Dup Bridge 1:30 PM Healthy Back Class 2:30 PM Round Dance	19 8:30 AM Aqua Zumba 9:15 AM Painting 9:15 AM Tai Chi Basic 9:30 AM Helping Hands 10:00 AM Aphasia Support Grp 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Legal Aid - by appt 1:00 PM Round Dance	20 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price on Piano 12:45 PM Handbells 1:00 PM Drop-in Mahjongg 1:00 PM Intermediate Line Dance Massage Therapy-by appt
23 9:00 AM Costco Bake Sale 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga Exercise (DVD) 10:30 AM Pilates 12:15 PM Drop-In Rub Bridge 1:00 PM Drop-in Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM WaterColor Painting	24 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Intro Desktop/Internet 10:00 AM Senior Quilting 10:30 AM Sit Down & Tone Up 11:30 AM Laptop Computer 11:30 AM Lunch & Learn 12:30 PM Drop-In Pinochle 12:45 PM Yoga 1:00 PM Sit 'n' Knit 3:00 PM Fall Prevention Class	25 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:30 AM Drop-in Mah Jongg 9:30 AM Silver Foxes 9:30 AM Taxaide Program 10:00 AM Star-Gabbers 10:30 AM Kuratomi Stretching 12:30 PM Chair Yoga 12:30 PM Computer Club 12:30 PM Drop-In Dup Bridge 2:30 PM Round Dance	26 8:30 AM Aqua Zumba 9:15 AM Painting 9:15 AM Tai Chi Basic 9:30 AM Helping Hands 10:00 AM Aphasia Support Grp 10:30 AM Sit Down & Tone Up 12:00 PM Green Lantern Restaurant 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Gentle Yoga 1:00 PM Round Dance	27 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise w/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM And So It Goes Movie 12:45 PM Handbells 1:00 PM Drop-in Mahjongg 1:00 PM Intermediate Line Dance

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00

Monday	February	2	Salmon Patty	♥ Smart
Tuesday	February	3	Meat Loaf	
Wednesday	February	4	Ham/Cheese Square	
Thursday	February	5	Swiss Chicken	
Friday	February	6	Beef Goulash	
Monday	February	9	Beef Spinach Bake	
Tuesday	February	10	Tuna Loaf	
Wednesday	February	11	Chicken Parmesan	
Thursday	February	12	Pork Chop	
Friday	February	13	Cashew Chicken	
Monday	February	16	Sliced Ham	
Tuesday	February	17	Chicken Gumbo	
Wednesday	February	18	Pasta w/Cheese	
Thursday	February	19	Chicken Stew	
Friday	February	20	Crab Cake	
Monday	February	23	Sesame Beef Patty	
Tuesday	February	24	Pork Chop	
Wednesday	February	25	Meatball	
Thursday	February	26	Pineapple Chicken	♥ Smart
Friday	February	27	Tuna Pasta Salad	

Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).

Lunch is served at 11:45 a.m.

Everyone is Welcome! No age requirement!

Times

February 2015

Monthly Newsletter of the Royal Oak Seniors
The Jack & Patti Salter Community Center
1545 E. Lincoln, Royal Oak, MI 48067 (248) 246-3180
(10½ Mile Road, 1 block W of Campbell)

Off your seat and on your feet!

There's something for everyone at the Salter Community Center. Drop by, or give us a call!

The benefits are endless™...

Salter Center Book Club

Mon, Feb 16 10-11:30 am

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. The book for this month is *"The Unlikely Pilgrimage of Harold Fry"* by Rachel Joyce

Drop-In Billiards

Friday 8:30-12 pm

Pool tables are located in the game room of the Salter Center. Adults may play pool during the day. Fee is **50¢** daily or **\$2.50** monthly for use of these tables.

Sit Down and Tone Up

Mon-Wed-Fri 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. You will work lower body and abs by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Helping Hands

Fridays 9:30 am

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. *****We are in need of 4-ply yarn, your donations would be gratefully accepted*****

Yoga

Thurs, Mar 5-Apr 23 10:15 am

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor - **Cheri Baugh**. Pre-register. **\$36/8 wks. SA2015W**

DROP-IN-SPORTS

Pickleball

Mon/Wed 11-1/1-3 pm

Tuesday 1-3 pm

Friday 11-1/1-3 pm

Pickleball is played with wooden paddles and whiffle-type ball, a combination of tennis and badminton, easy to learn and great exercise! **\$2** per session. *Any individual caught not paying will be asked to leave the gymnasium immediately.*

Bounce Volleyball

Tues/Thurs 11-1 pm

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate and enjoy this great game. There is already an established group attending this program but always room for more. **\$1** per session.

Let's Walk!

Monday-Friday 8:30 am

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! How? Join *Let's Walk!* and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking around the gymnasium or outdoors in the parks and neighborhoods. Track your progress by completing a mileage log sheet at the center.

Notable Folks...

CONGRATULATIONS, to the following walkers:

Ellen Ross	100
Roy LaPointe	800
Sheila Colvin	1,200
Bob Anders	1,400
Maria Krautner	2,600

Welcome New Walkers!

**Patty dunstan, Margaret Matkin
and Lois Reithel**

Drop-In Pinochle

Wed & Fridays 12:45 pm

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Stretch & Strength Training (40+) (cardio weights & strengthening)

Mon, Mar 2-Apr 6 11 am

Wed, Feb 18-Mar 25

Fri, Feb 20-Mar 27

Improve your strength, stamina and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Work out to great music such as big band, oldies and rock & roll. Join us for socialization, laughter and fun! Bring hand-held weights if you have them and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. Instructor **Jo Schirtzinger**, Leisure Un-limited, has been teaching this popular class since 1996. *No class Feb 16. \$26/6 wks for 1 day; SA2016; \$46/6 wks for 2 days; SA2017; and \$64/6 wks for 3 days; SA2018. \$5 drop-in fee.*

Tai Chi Chuan

Tuesday, Jan 6-Mar 31

**Standing/Chen Style Laojia Yuile
Continuing 10 am**

Chen Style Tai chi is the oldest style of Tai Chi Chuan. Created by Chen Wang Ting in the 16th century, the movements are slow and fast, twining and twisting, connected with internal spiral energy. This continuing class is taught by **Han Hoong Wang**. *No class Feb 3. \$72/12 wks. SA2013W*

Balance Training

Fri, Feb 20-Mar 27 12:30 pm

Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, from Leisure Unlimited, has been teaching fitness classes since 1994. **\$24/6 wks. SA2007W**

February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 1:00 PM Drop-in Pickleball	3 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 11:00 AM Drop-In Bounce Volleyball 1:00 PM Drop-in Pickleball	4 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball	5 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Drop-In Bounce Volleyball	6 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball
9 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 1:00 PM Drop-in Pickleball	10 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:00 AM Tai Chi - Chen Style 11:00 AM Drop-In Bounce Volleyball 1:00 PM Drop-in Pickleball	11 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball	12 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Drop-In Bounce Volleyball	13 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball
16 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 10:00 AM Book Club 11:00 AM Drop-in Pickleball 1:00 PM Drop-in Pickleball	17 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:00 AM Tai Chi - Chen Style 11:00 AM Drop-In Bounce Volleyball 1:00 PM Drop-in Pickleball	18 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball	19 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Drop-In Bounce Volleyball	20 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball
23 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 1:00 PM Drop-in Pickleball	24 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:00 AM Tai Chi - Chen Style 11:00 AM Drop-In Bounce Volleyball 1:00 PM Drop-in Pickleball	25 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball	26 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Drop-In Bounce Volleyball	27 8:30 AM Drop-In Billiards 8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down and Tone Up 11:00 AM Drop-in Pickleball 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Drop-In Pinochle 1:00 PM Drop-in Pickleball

Charles H. Wright African-American Museum & Greektown Casino Thursday, March 5, 9:30 am-3:15 pm. Welcome to the world's largest institution dedicated to the African-American experience! Key to the experience is "And Still We Rise", the 22,000-square foot, interactive core exhibit. Start at the *Cradle of Life*, witness several civilizations that evolved on the continent, experience the tragedy of slave ship passages and escapees on the *Underground Railroad*. We'll have a group tour, time on your own, then it's on to 2½ hours at ***Greektown Casino*** and lunch on your own at any of the many restaurants in the area. Cost includes transportation via Senior Bus and museum admission and tour. **\$20 (lunch on your own).** T1015W

Soaring Eagle - Gaelic Storm/Rybicki Tours Monday, March 16, 8 am-9:30 pm. Receive \$10 in premium play and a \$5 food coupon for your casino time, then it's on to the show! Gaelic Storm appeared in "Titanic" as the steerage band, and has since recorded 10 albums and performed nearly 3000 live shows! Enjoy traditional Irish, Scottish and Celtic Rock sounds. Cost includes transportation via motor coach, casino incentives and performance. **\$54.** T1016W

Cornwell's "Yakety Yak"/Bianco Tours Thursday, March 19, 9:15 am-6:45 pm. Go back in time with two friends who buy an old diner and are suddenly transported back to the 1950's. Fingers and toes will be snapping and tapping to your favorite 50's classics, like *Rock Around the Clock*, *Love Potion #9*, and *Great Balls of Fire!* Cost includes transportation via motor coach, admission and Cornwell's famous Turkey Lunch Buffet. **\$76.** T1012W

Special Travel Presentation "Shades of Ireland"

Tuesday, February 24, 2015

10-11 am

Join **Ed McKenna** of **Collette Tours** for a colorful picture of our first-ever tour to Ireland!

Our trip dates are ***October 12-21, 2015***; *book before April 13 and save \$200!*

Come enjoy a Power Point presentation and have all your questions answered.

Please RSVP to (248) 246-3900 today!

DAY TRIPS COMING SOON

Solanus Casey Pilgrimage/Bianco Tours Wednesday, April 1, 9:15 am-3 pm. Cost includes transportation via motor coach, lunch and tour. **\$59.** T1014W

"Phantom of the Opera" at Breslin Center, MSU Thursday, April 2, 10:30 am-6:30 pm. \$TBA.

Firekeeper's Casino/Bianco Tours Wednesday, April 22. Cost includes transportation via motor coach. **\$39.** T1012SP

Zehnder's Ragtime Festival Friday, April 24, 8:30 am-4:30 pm. Cost includes transportation via motor coach, Zehnder's plated lunch and performance. **\$61** T1013W